



# Helbing King of Cross

Mühlberg / 01.11.2015

□□□□

Leister, Patrick

□□: Laufwunder  
 □□: 235

□□: 8.00 km  
 Sprint

□□□□:  
 Männer (20-29 Jahre)

□□□: 1:16:19

□□: 6.29 km/h  
 □□□□: 9:32 min/km

□□□□□/□□□: 264 (of 292)

□□□□□/□: 178 (of 192)

□□□□□□: 38:15

□□□□□: 36(of 40)

□□□□□□□: 38:39

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Himmelsleiter +	-	5:40	-	37	4:18	180	4:18	-	5:40	-	37	4:18	180	4:18	
Himmelsleiter +	-	5:59	-	35	3:09	176	3:09	-	11:39	-	36	7:27	178	7:27	
Nordwand + Dov	-	7:24	-	31	2:57	146	2:59	-	19:03	-	35	10:24	171	10:24	
Nordwand + Dov	-	3:28	-	37	1:56	181	2:00	-	22:31	-	37	12:20	177	12:20	
Duckmäuser Eins	-	23:21	-	24	8:55	117	11:00	-	45:52	-	24	18:37	115	23:06	
Duckmäuser Aus	-	0:20	-	4	0:04	12	0:04	-	46:12	-	24	18:37	114	23:08	
Pneumant Einstie	-	3:32	-	34	3:11	160	3:11	-	49:44	-	25	21:40	115	26:16	
Pneumant Aussti	-	0:09	-	21	0:06	80	0:06	-	49:53	-	25	21:46	115	26:19	
Heuschnupfen Ei	-	14:55	-	32	6:00	151	6:11	-	1:04:48	-	25	26:29	112	32:30	
Heuschnupfen Ai	-	0:07	-	28	0:03	122	0:03	-	1:04:55	-	25	26:32	110	32:33	
Schlammbowle E	-	3:53	-	38	1:58	177	1:58	-	1:08:48	-	25	28:17	108	34:30	
Schlammbowle A	-	1:20	-	29	0:40	125	0:46	-	1:10:08	-	25	28:53	108	35:16	
Sportplatz Mühlb	8.00	6:11	-	39	2:46	188	2:48	8.00	1:16:19	9:32	36	37:40	178	38:04	